

GOSHIN-RYU MARTIAL ARTS & FITNESS STUDIO HARDWOOD FLOOR SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30am - 10:20am	PRIVATE TRAINING AVAILABLE	CARDIO KICKBOXING NOT PART OF UNLIMITED	PRIVATE TRAINING AVAILABLE	CARDIO KICKBOXING NOT PART OF UNLIMITED	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE
10:00am -11:00am	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	KID FITNESS PROGRAM
11:00am-11:50am	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	CARDIO KICKBOXING
12:00pm-12:50pm	CLOSED FOR LUNCH					TOTAL BODY BLAST
1:00pm-2:00pm	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	
2:00pm-4:50pm	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	
5:15pm-6:00pm	KID FITNESS PROGRAM			KID FITNESS PROGRAM		
5:30pm-6:20pm		CARDIO KICKBOXING NOT PART OF UNLIMITED				
6:30pm-7:20pm	ZUMBA®	TOTAL BODY BLAST	ZUMBA®	CARDIO KICKBOXING	TOTAL BODY BLAST	
7:30pm-8:20pm	CARDIO KICKBOXING	SWORD CLASS NYC KENDO UNTIL 10PM	CARDIO KICKBOXING		CARDIO KICKBOXING	
8:30pm-9:20pm						